



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA's Diabetes Prevention Program

MEASURED PROGRESS UNLIMITED SUPPORT

This nationally tested program will help participants achieve their weight loss and physical activity goals while reducing their risk of developing Type 2 Diabetes.

Participants will receive group support, customized education, personal coaching, and a 4-month Y membership while enrolled.

NEW SESSION STARTING:

March, 24th at 6:00 p.m.

COST:

Member - \$329*

Non-Member - \$429*

*FINANCIAL ASSISTANCE AND PAYMENT PLANS ARE AVAILABLE!

Check with your health insurance to see if this program qualifies as a covered benefit, or contact the Diabetes Prevention and Control Alliance to confirm eligibility at 1-800-237-4942.

For more information or to register,
please contact:

Pamela Lowe

344 5502 ext 207



ymcatvidaho.org

The Y. So Much More™